

**First - Mondays to Saturdays**

Note

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LAKEside Bus Station	----	1120	1420
South Ockendon, Royal Oak	0910	1130	1430
North Ockendon, White Horse	0913	1133	1433
Cranham Jobber's Rest	0918	1138	1438
Upminster Rail Station	0925	1145	1445
Harold Wood, Rail Station	0934	1154	1454
Gallows Corner (Upper Brentwood Rd)	0940	1200	1500
Gidea Park Rail Station	0947	1207	1507
Romford, Market	0955	1215	1515
Romford Rail Station	1000	1220	1520

\* Starts at South Ockendon, Ford Place at 0906

**ROMFORD - LAKEside** - via Gidea Park - Harold Wood, Ockendon, Upminster and Cranham

Note

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Romford Rail Station	1010	1310	1530
Romford, Market	1015	1315	1535
Gidea Park Rail Station	1023	1323	1543
Gallows Corner, Tesco	1030	1330	1550
Harold Wood, Rail Station	1036	1336	1556
Upminster Rail Station	1045	1345	1605
Cranham Jobber's Rest	1052	1352	1612
North Ockendon, White Horse	1057	1357	1617
South Ockendon, Royal Oak	1100	1400	1620
LAKEside Bus Station	1110	1410	----

\* Terminates at South Ockendon, Ford Place at 0906


**Valid from : 15/02/03**
**Valid until : further notice**